

YOGI FLARE

Stretch your way into spring with this gorgeous new collection from Sweaty Betty, entitled Yoga Retreat. Inspired by chic holidaymakers of Rio's past, expect to find bohemian shapes and mosaic prints galore. With a range of attire, from '60s-inspired swimwear to flared yoga pants, jumpsuits to ponchos, look fresh all season long, on and off your yoga mat. *The Yoga Retreat collection starts from £40. 833 Fulham Road, SW6 5HQ, 020 7610 8390, sweatybetty.com*



[NEWS]

HEALTH & BEAUTY

Keeping you looking and feeling your best this month

THERE'S AN APP FOR THAT

Summer is approaching, the gym is looming, what are you to do? For those who need life to be made that extra bit easier, Lomax, the fitness hub on Fulham Road, has just launched its new mobile app – you can almost exercise from your sofa. Available from the App Store for iPhone and Google Play for Android, the Lomax Bespoke Health app is free to download and also really easy to use. You can book classes in real-time, manage your schedule or personal training session blocks. With classes such as Cycle Blast and Tye Sets Calisthenics, what are you waiting for? *Free, LOMAX Chelsea, 293 Fulham Road, SW10 9PZ, 08715 120 770, lomaxpt.com*



PRIMED TO PERFECTION

All-round beauty guru and highly-regarded facialist Lisa Franklin has released her first product from her self-titled range and, it's called, drum roll please: the Pro-Effect Luminescent Base. With more than 15 years of experience in the skincare and cosmetics industry, something tells us Lisa knows what she's doing, and this soft, creamy primer gives flawless coverage. Whether you want to apply it as a pre-makeup base or simply smooth it over your skin for a gorgeous glow, the product is multi-functional. The nutrient-packed formula has unique ingredients that claim to work with every skin type. With its blend of diamond and platinum particles, frankincense and rose quartz, this base boosts the skin's radiance and reduces redness. Also, Lisa has just opened the doors to her new clinic on Sloane Street – so give her a visit for one of the *Journal's* favourite facials. *£70, Lisa Franklin, lisafranklin.london*

DOUBLE TROUBLE

What happens when two health heroes of the area come together? A community duathlon is the answer. Transition Zone, located on Heathman's Road, is a fitness hub dedicated to combining high-intensity training to transform the body and mind, and it's teaming up with Ride Republic, a spinning studio just around the corner, to create this exciting event. The schedule is as follows: 30 minute strength and core session at Transition Zone, a short run to Ride Republic where you'll then partake in a 30 minute spin session, run back to Transition Zone for stretching, a recovery brunch and a smoothie. *Tickets £45, 11am-1pm, 16 April, Transition Zone, 17 Heathman's Road, SW6 4TJ, 020 7736 2070, transitionzone.co.uk, Ride Republic, 709 Fulham Road, SW6 5UL, 020 7736 7495, riderepublic.co.uk*



**REVIEW: AMARA SPA
BETHAN REES**

Amara Spa is one of those places I've so often walked past and been intrigued by, with its purple frontage and welcoming staff waiting just behind the double doors – it's always a very tempting option. I finally gave in to temptation and visited Amara Spa, and thank goodness I did.

The word spa doesn't really do this place justice – it's so much more than that. Its state-of-the-art technology allows advanced treatments with revolutionary techniques to be carried out, such as 3D Lipo Non-Surgical fat removal and mesotherapy. However, I'm not here to try these treatments out – I'm here for the Complete Body De-Stress & Balance package. Beginning with a full body swedish massage using a nut-free oil base blended with geranium and clary sage and finishing with a 60 minute prescriptive facial using Dermalogica products and techniques, this treatment plunges me into pure elation and I leave feeling almost brand new. So next time, don't walk past – pop in for a casual chat about potential treatments, browse the products to buy or if you're anything like me, book straight in for that massage. *Complete Body De-Stress & Balance package, £150 for 135 minutes, Amara Spa, 18-20 Fulham High Street, SW6 3LQ, 020 7384 9111, amaraspa.co.uk*